1: Conzemius M-4, 5 (1921) 1932
SA15 Mosquito SA15

staff play. The object of the game is to see which can keep up longest the continual strain upon the muscles of the arm, and ultimately strike the staff from the hand of the other."

HYGIENE: DISEASES AND THEIR CURE

Most of the Indians keep themselves very clean and take a bath twice a day in the river adjoining their settlement. As they wear but little clothes this is a very simple operation with them; they keep their body cleaner than do the lower class of the Ladinos, or of the white race in Europe, where the clothes are frequently the main source of dirtiness.

When the Indian goes to stool he always takes to the water, drifting down the river until he comes to a secluded spot, where he can perform this operation in privacy. When finished he cleanses the body with water.

The presence of dogs and pigs in the huts is responsible for the great quantity of fleas to be found there. In spite of the great care devoted to the hair, the latter is frequently full of vermin, and it is not an uncommon occurrence to see at the villages rows of women picking off one another's lice and crushing the troublesome insects between the teeth—a most disgusting sight.

MALARIA.—A swelling of the spleen and anemia are common enough and are undoubtedly the result of malaria (M.: *wrih*; T.: *ware*, *warai*; P., U.: *yama*, *yamah*),[46] which is endemic in the lowlands, although rarely fatal. The transmitting agent of malaria is a mosquito of the genus *Anopheles*, which is very common.

For malarial fevers infusions from the bark of certain trees are administered, especially that of the copalchí (*Cinchona* sp.). Instead of sudorific bush medicine, quinine is also administered nowadays. The fever or lemon grass (*Andropogon nardus* L.) is also used for this purpose. The sudorific is followed by a steam bath. The stricken person is enveloped in tunu blankets, and water is thrown on some large heated stones placed at his feet; he then inhales the thick vapor or fumes produced thereby. This part of the treatment is excellent, for it induces perspiration; but as the patient is then taken to the riverside and forced to take a cold bath pneumonia is often the result.

Among the Sumu the patient is carried to one of the numerous hot springs (*daka*) which abound in their territory, and immersed therein, or he is buried up to the armpit in the hot sand at the edge of the pool.

[46] These names were formerly used by both Miskito and Sumu as a general term for most other maladies, but nowadays the Miskito have adapted the word *siknis* (Engl. "sickness") in the latter sense.